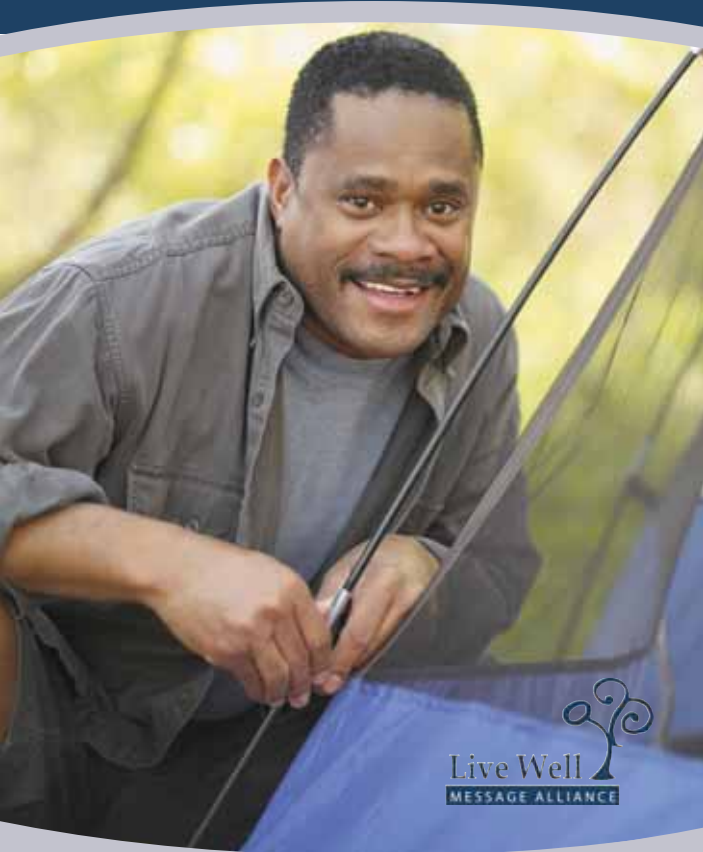


# Live Like Your Life Depends On It.



“Quitting smoking  
gave me a whole  
new lease on life.”

[WWW.LIFEDEPENDSONIT.COM](http://WWW.LIFEDEPENDSONIT.COM)



### *Be Tobacco Free:*

Avoid secondhand smoke. If you do smoke, take steps to quit. Set a quit date; tell family, friends and co-workers; anticipate and plan for challenges; remove tobacco products; and talk to your doctor about getting help with nicotine withdrawal.

For more information how to be tobacco-free, call the Missouri Quitline: 1-800-QUITNOW, or visit [www.dhss.mo.gov/SmokingAndTobacco](http://www.dhss.mo.gov/SmokingAndTobacco).

*Get a jump start on feeling better everyday.*

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